

## STANDARD DIET 2000 KCAL FOR BODY WEIGHT MAINTENANCE

	MEALS	MENU ONCE PER WEEK
WHITE MEAT	<b>BREAKFAST</b>	Fresh milk 0-3.49% fat + oat flakes (2/3 cup, 60g.) + banana (1 medium-sized fruit, 120g) (you can eat like porridge)
	<b>BRUNCH</b>	Apple (1 small, 120g) + High-fiber cereal bar (1 bar) (approx. 80-90 kcal, 15-20g carbohydrates and 1-3g fat/ bar)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> or vegetable soup + chicken, without skin, roasted (85-112g)+ wild rice, cooked (1 ½ cup, 250g)
	<b>AFTERNOON SNACK</b>	Orange juice, fresh (1 cup) + fresh almonds (or other nut varieties) (15g)
	<b>DINNER</b>	Seasonal salad <sup>(1)</sup> + groats, cooked (1 cup, 180g) + cheese, feta (60g)

	MEALS	MENU TWICE PER WEEK
RED MEAT/MINCED MEAT	<b>BREAKFAST</b>	Fresh milk 0-3.49% fat (1 cup) + whole wheat bread (2 slices 50-60g) + ½ tablespoon tahini + a little bit of honey or jam of each slice + Kiwifruit (2 fruits, 130-140g)
	<b>BRUNCH</b>	Juice (1 banana medium-sized 120g, 1 small apple 120g, 1 medium sized orange) + 1 whole wheat toast (30g bread + 30g low-fat cheese)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> or vegetable soup + beef, round sirloin tip side steak, roasted (or other lean meat or low-fat meat) (85g) + potato, baked (3 small potatoes, 250-260g)
	<b>AFTERNOON SNACK</b>	Apple (1 small, 120g) + raisins (15-20g)
	<b>DINNER</b>	Seasonal salad <sup>(1)</sup> or vegetable soup + legumes (e.g. in salad or in soup) (½ cup, 100g) + cheese, feta (30g) + bread (2 slices 50-60g)

	MEALS	MENU ONCE PER WEEK
FISH	<b>BREAKFAST</b>	Fresh milk 0-3.49% fat + breakfast cereals (50-60g) + banana (1 medium-sized, 120g)
	<b>BRUNCH</b>	Orange juice, fresh (1 cup)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> or vegetable soup + fish cooked (150g) + baked potato (3 small potatoes, 250-260g)
	<b>AFTERNOON SNACK</b>	Grape (40g) + toast with tahini and honey (50-60g whole wheat bread + 1 tablespoon tahini + 1 teaspoon honey)
	<b>DINNER</b>	Seasonal salad <sup>(1)</sup> + fried or baked potatoes, homemade (2 small potatoes, 160-170g) + 30g feta cheese + Kiwifruit (2 fruits, 140g)

	MEALS	MENU ONCE PER WEEK
VEGETABLE DISHES	<b>BREAKFAST</b>	Orange juice, fresh (1 cup) + 1 toast (whole wheat bread, 2 slices 50-60g) + 30g low-fat cheese + turkey fillet (15g)
	<b>BRUNCH</b>	Pear (1 medium-sized, 180g) + orange (1 medium-sized, 130g)
	<b>LUNCH</b>	Green beans in tomato sauce (or other vegetable dishes) (1 restaurant portion size, 350g) + cheese, feta (60g) + bread (2 slices, 50-60g)
	<b>AFTERNOON SNACK</b>	Low-fat yoghurt (2-3.49%) (1 single serve cup container, 200g) + apple with skin (1 small, 120g) + strawberries (1 cup, 140-150g) + linseed (1 tablespoon, ground)
	<b>DINNER</b>	Seasonal salad <sup>(1)</sup> + fish, roasted (85g) + white rice, cooked (1 ½ cup, 240g)



MEALS		MENU ONCE PER WEEK
LEGUMES DISHES	<b>BREAKFAST</b>	Yoghurt 0-3.49% fat (1 single-serve cup, 200g) + oat flakes (2/3 cup, 60g)+ kiwifruit (2 fruits, 130-140g) + banana (1/2 medium-sized, 60g) + linseed, ground (1 tablespoon)
	<b>BRUNCH</b>	Juice (1 medium-sized banana 120g, 1 small apple 120g, 1 medium-sized orange) + fresh almonds (or other nut varieties) (7-8g)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> + lentils soup cooked in tomato sauce (1 serving, 300g) + feta, cheese (60g) + bread (2 slices 50-60g)
	<b>AFTERNOON SNACK</b>	Apple (1 small, 120g)
	<b>DINNER</b>	Seasonal salad <sup>(1)</sup> + omelette (1 egg, 2 egg whites) + barley rusk (60-90g)

MEALS		MENU ONCE PER WEEK
PASTA DISHES	<b>BREAKFAST</b>	Orange juice, fresh (1 cup) + whole wheat bread (2 slices, 50-60g) + 1 egg whole, cooked, hard-boiled (1 large, 45-50g) + low-fat cheese (30g)
	<b>BRUNCH</b>	Apple (1 small, 120g) + grapes (40g) + fresh almonds (or other nut varieties) (15g)
	<b>LUNCH</b>	Seasonal salad <sup>(1)</sup> + spaghetti, cooked (2 cups, 280g) + cheese, grated parmesan (2 tablespoons, 10g) + sauce, homemade
	<b>AFTERNOON SNACK</b>	Low-fat yoghurt (2-3.49%) (1 single-serve cup, 200g) + banana (1 medium-sized, 120g)
	<b>DINNER</b>	Seasonal salad <sup>(1)</sup> or vegetable soup + chicken without skin, roasted (60g) + barley rusk (30g)

Nutrition Facts:	
Energy (Kcal)	2050
Protein	90.5 γρ. (17.6%)
Carbohydrates	262 γρ. (51%)
Fat	73.5 γρ. (32.2%)

**Note:**

<sup>(1)</sup>

**Seasonal salad** (from non-starchy vegetables) may be raw or boiled. As for the total amount of olive oil (for lunch and dinner), it should be equal to 2 tablespoons (1 tablespoon= 3 teaspoons)

Quantities are based on cooked food, normally prepared with ½ - 1 tbs olive oil per food serving.

Feel free to consult the unit "Food Groups" in order to make changes and to develop your own diet based on your own nutritional preferences.

Meat, fish and legumes belong in the group of proteins  
 Rice, potatoes and bread belong in the group of carbohydrates  
 Olive oil and nuts belong in the group of fat

The Food Group of "Free Foodstuff" consists of products that include less than 20kcal/ portion or less than 5g of carbohydrates/ portion. You may consume up to 3 portions of "Free Foodstuff" daily. In case of hypertension problems, you have to be extremely careful with food that are high in salt.



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